

FITNESS COMMITTEE

July 15, 2020

5:00 – 6:00 PM

MINUTES

The Fitness Committee held a meeting via conference call on July 15, 2020, beginning at 5:11p.m.

Committee Members Present

Jennifer Eastman
Dr. Geeta Sharma
Namisa Kramer
Cameron Pollock
Dr. Mychelle Farmer
Jason Semanoff

Committee Members Not Present

Dr. Aruna Nathan (Chair)
Joanne Roberts

Maryland Department of Health Staff Present

Nacole Smith

Nacole called the meeting to order at 5:11PM

1. Roll Call/Approval of Minutes

Nacole took roll call. A quorum of the Fitness Committee was present. June 9th meeting minutes have not been approved by Kristi. Once they are approved, they will be sent to the Committee.

2. Discussion

Cameron wanted to know if we were still going to work on a google doc that Dr. Nathan was to create. Nacole stated we will table this discussion for next month since Dr. Nathan is not here to speak on this topic.

Dr. Farmer wants to know what else can we do to accelerate the work in our workplan for MDFit150.

Namisa wanted to know if we were to contact the Office of Communications about the process to post social media messages. Fitness is still important, and people can find ways to still exercise. We are being held back by not being able to motivate people to engage in physical activity. How do we move forward with our work because of COVID-19? Nacole stated our health observance social media message for June was not posted because priority is COVID-19.

Cameron stated there are a number of partners and other avenues we can use that are outlined in our workplan.

Namisa wanted to know if flyers have to be approved by the Office of Communications. We should look at the workplan and see what activities we can do that don't require us to go through the Office of Communications. Nacole stated we will have to get everything approved through the proper channels.

Jennifer is wondering what the other Committees are doing and how they are able to promote their communication campaigns.

The Committee members feel held back because of COVID-19 and not being able to complete some of their activities for the campaign. The Committee would like to talk with Kristi at next month's meeting to see how they can move forward with their workplan activities. The Committee wants Dr. Nathan to be aware of their concerns and they want to meet with Kristi to find a solution.

3. Adjournment

The meeting was adjourned at 5:38pm.

Next Steps:

- Nacole will notify Dr. Nathan of the Committee's concerns.
- Nacole will request Kristi's attendance at the August 13th meeting.

Next Meeting: August 13, 2020